



# The Connection

*Created by the Integrative Services Team of Peninsula Cancer Institute—  
Combining the best treatments with support and education to promote healing and wellness for each patient*

Peninsula Cancer  
Institute

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Riverside Cancer Care  
Center

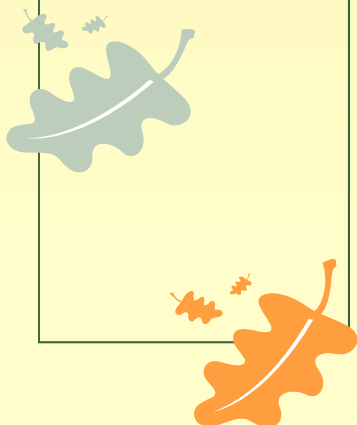
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# Healthier October Treats



Even though October events and candy seem to go hand in hand, there are other fun options for kids (and adults!). Try passing out individual packages of:

Trail mix  
Chex mix  
Popcorn  
Baked chips



Pretzels  
Rice crispy treats  
Goldfish crackers  
Animal crackers



With the popularity of the '100 Calorie packs' it's easier than ever to find non-candy snacks in single serve packaging.

Also, non-food items send important healthier messages too. Kids like stickers, temporary tattoos, colored chalk, fun shaped erasers, whistles, rubber spiders or worms.

~\*If you 'must' have candy, you can rationalize the nutritional benefits of dark chocolate with nuts!!! (Just ask your dietitian!)\*~

*Have a healthy good time,  
Lynne*





# YUMMY FALL RECIPES TO CELEBRATE THE HARVEST

## Roasted Fall Medley

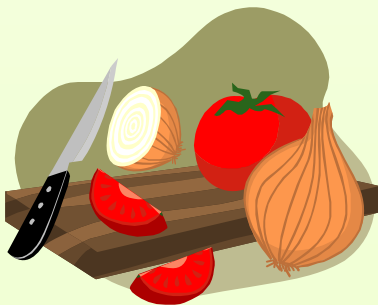
*If you don't like fennel, just double the onion. You can also substitute potatoes for the parsnips and carrots for the squash.*

- 2 parsnips, peeled and cut into 1-inch pieces**
- 3 cups peeled, cubed butternut squash**
- 1 fennel bulb, trimmed, cut into 1-inch pieces**
- 1 onion, cut into wedges**
- 3 Tbs. olive oil**
- 1½ tsp. ground cumin**
- 1 tsp. ground cinnamon**
- 1¼ tsp. chili powder**
- ½ tsp. turmeric**

Preheat the oven to 450° F (230° C). Combine the parsnips, squash, fennel, and onion in a large bowl. Combine the remaining ingredients in a small bowl. Sprinkle over the squash mixture and toss until coated. Spread on a baking sheet. Roast for 20 to 25 minutes or until the vegetables are tender. Makes 6 servings.

### **PER SERVING (1 cup)**

*Calories: 170 Sodium: 30 mg  
Total Fat: 7 g Cholesterol: 0 mg  
Saturated Fat: 1 g Carbohydrates: 26 g  
Fiber: 6 g Protein: 2 g*



## Sweet Potato Pumpkin Soup

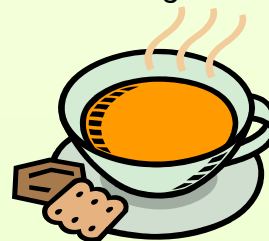
*If you like your soup smooth, purée in a blender or food processor before serving.*

- 1 Tbs. olive oil**
- 1 cup chopped onion**
- 1 tsp. ground ginger**
- ½ tsp. curry powder**
- ¼ tsp. ground cumin**
- ¼ tsp. ground nutmeg**
- 2 garlic cloves, chopped**
- 2 cups peeled, cubed sweet potato**
- 2 cups lower-sodium, fat-free chicken broth**
- 1½ cups water**
- 1 - 14 fl. oz. (398 mL) can of pumpkin**
- 1 cup 1% milk**
- 3 Tbs. light sour cream**

Heat the olive oil in a large pot over medium-high heat. Add the onion and sauté for 3 minutes. Add the ginger, curry, cumin, nutmeg, and garlic and cook for 1 minute. Stir in the sweet potato, chicken broth, water, and pumpkin and bring to a boil. Reduce the heat and simmer for 15 to 20 minutes or until the sweet potato is soft, stirring occasionally. Stir in the milk until heated through (don't boil). Ladle into bowls and top each with ½ Tbs. sour cream. Makes 6 servings.

### **PER SERVING (1 cup)**

*Calories: 110 Sodium: 230 mg  
Total Fat: 4 g Cholesterol: 10 mg  
Saturated Fat: 1 g Carbohydrates: 15 g  
Fiber: 4 g Protein: 5 g*



# Good Vibrations

## Future Songwriters of the World: Children's poetry on the fall season

The perfect fall for me,  
contains laughter, fun, colored  
leaves,  
restful peace, perfect bliss,  
apple pies and winds crisp kiss,  
crunch and crackle, slopes of  
color,  
the fire dances, down slopes  
the sun,  
animals nestle beneath the  
moon,  
foggy mornings coming soon,  
for another perfect fall day,  
where i can go once more to  
play.  
Christian, age 11

Flocks of geese or others flying to  
a warmer place.  
Autumn leaves fluttering off the  
trees.  
Leaves of summer turn red, yellow,  
brown, and fall off the trees.  
Later in the fall, everyone in the  
family sits down to a  
big Thanksgiving feast.

Nathan, age 8

Autumn  
color, candy  
running, jumping in  
leaves  
pretty, yummy,  
colder, funner  
Turkey

age 7 Eagle,

Pumpkin picking is fun  
Very fun  
When I see the pumpkins  
I start to run.  
I run to the biggest pumpkin I see  
I tell my brothers, this one's for me!  
The field is very, very orange.  
I picked one pumpkin, but I want some more-ange.  
I look at the pumpkins big, medium, small  
I look at them all  
They are round.  
They make no sound.

Cooper, age 11

Autumn is here!  
Unbelievable colors begin to appear as leaves change  
colors  
The squirrels are busy gathering nuts for their  
winter nap  
Unusual piles appear in yards as people start to  
rake fallen leaves  
Moms bake cookies and make hot chocolate for their  
hungry children  
Now fall is here! We love it!

Brianna, age 10

The Autumn leaves change colors and shape  
as the weather changes throughout the year,  
If you watch real closely in the trees  
you may even see some deer.

When you come home from school  
to sit by the nice cozy fire  
you know you can sit with ease,  
because you know that mom's going  
to bring you some nice warm cider  
and you'll always know to say please.

Layna, age 9

With an evil eye that stares you  
down  
and a bulbous warty nose,  
a furrowed brow, a nasty scowl,  
and old outdated clothes,  
my costume is the scariest  
the world has ever seen.  
I'm not an ogre, ghost, or ghoul:  
I'm a teacher for Halloween.

Robert, 4th grade



# ***I Wrote Your Name***

**I Wrote Your Name.**

**I wrote your name on a piece of paper, but  
by accident I threw it away.**

**I wrote your name on my hand, but it  
washed away.**

**I wrote your name in the sand, but the  
waves whispered it away.**

**I wrote your name in my heart, and forever it  
will stay.**

**I believe in angels,**

**The kind that heaven sends.**

**I'm surrounded by angels,**

## Steps to Managing Stress

*Recognize warning signs early.* These might include irritability, sleep problems, and forgetfulness. Know your own warning signs, and act to make changes. Don't wait until you are overwhelmed.

1. **Identify sources of stress.** Ask yourself, "What is causing stress for me?" Sources of stress might be too much to do, family disagreements, feelings of inadequacy, inability to say no.
2. **Identify what you can and cannot change.** Remember, we can only change ourselves; we cannot change another person. When you try to change things over which you have no control, you will only increase your sense of frustration. Ask yourself, "What do I have some control over? What can I change?" Even a small change can make a big difference. The challenge we face as caregivers is well expressed in words from the Serenity Prayer.
3. **Take action.** Taking some action to reduce stress gives us back a sense of control.

Stress reducers can be simple activities like walking and other forms of exercise, gardening, meditation, having coffee with a friend. Identify some stress reducers that work for you.

Remember, it is not selfish to focus on your own needs and desires when you are a caregiver—it's an important part of the job. You are responsible for your own self-care. Focus on the following self-care practices:

- Learn and use stress-reduction techniques.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor or friend.
- Identify and acknowledge your feelings.
- Change the negative ways you view situations.
- Set goals.

The Serenity Prayer  
*Grant me the serenity to  
Accept the things I cannot change,  
Courage to change the things I can,  
And the wisdom to know the difference.*

- Martha



## *Making the Difference*

Here at PCI, we are often moved by the stories of our patients. It is always wonderful to see a person's perspective on life change right before your eyes. However, it is not as often that we hear how our interactions, as doctors, nurses, and caregivers, have helped with this transition. Helena Stillman is a patient at PCI. She recently received treatment in Gloucester and was compelled to nominate her primary nurse, Elizabeth Carter for Cure Magazine's Extraordinary Healer Award for Oncology Nursing. This is her essay nominating Elizabeth:

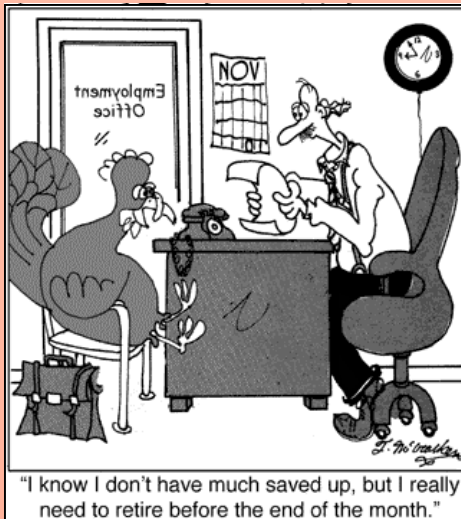
How do you describe a stranger that comes into your life and ends up becoming a mentor, a supporter, a shoulder to cry on, someone to listen to your inner thoughts and be there for you, for whatever reason. On or about November 10th 2005, I was diagnosed with stage 4 Ovarian Cancer. Devastated and frightened, I thought my life was ending. What was to come, I would have never imagined or expected. I was sent to Peninsula Cancer Institute in Gloucester, VA. It was there (not knowing anything) and being very ignorant on the subject of cancer, I met my Oncology nurse, Elizabeth Carter. The center had scheduled me for an appointment with an Educator Cancer Advisor, Carol Hearn and my nurse Elizabeth. My husband Walt and I were both very emotional and at our lowest of lows in terms of disposition. I have never been in a meeting of any sort where I felt so welcomed and listened to with a complete sense of caring. I cried the entire time we were in there and continued to do this for many months. In this education class, Elizabeth was as one with me. Her smiling face, soft-spoken voice and spirit were a great comfort to my husband and I. Since I was diagnosed with stage 4, a Hysterectomy was out of the question at the time. The next week I started my 1st out of 12 chemo treatments. I arrived at the Cancer Center at 9:00am and Elizabeth was there to greet me in the lobby. She took me back into the treatment room and started a step by step description on what she was going to administer, what it did, and what it was for. Elizabeth encouraged me everyday that I saw her. Each time being compassionate, hopeful, and understanding. She even went as far as enrolling me in a Yoga class and recommending Massage Therapy, which the center offered as a support program. As time went on, my view of myself changed significantly and noticeably. The mind is a powerful thing! I know without a doubt, that faith, and a person like Elizabeth, who continuously gives you confidence, anything is possible. Each month that passed my tumor count (CA 125) declined. Each time Elizabeth said, "How wonderful you're doing, everything is going great". What breathtaking words to hear. In June, 2006, I was sent to get a PET scan. When the results came back my Oncology doctor, Dr. Yousef, and Elizabeth were there to tell me the great news. I would finally get a Hysterectomy; the chemo along with the optimistic outlook had worked. During my time after the operation, with more treatments, Elizabeth (the loving person that she is) still is my shoulder to cry on. Elizabeth is my information center, the person that calls me to ask how I am, the person that I rely on for any questions or just to listen to me. As of January 2007, I am 100% cancer free! Thanks to God and all the people that dedicate their lives to helping people in need. Elizabeth is one of these persons. From the inner soul of my heart, which words can never describe, Thank you, Elizabeth.

Thank you,

*Helena Stillman*

We would like to congratulate Elizabeth for her nomination. In addition, we would like to thank her, and those like her, who go the extra mile to make the difference for the patients here at PCI.

# Humor Page



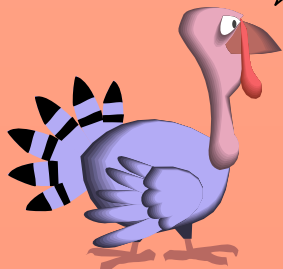
- What do you get when you cross a vampire with a snowman?  
Frostbite

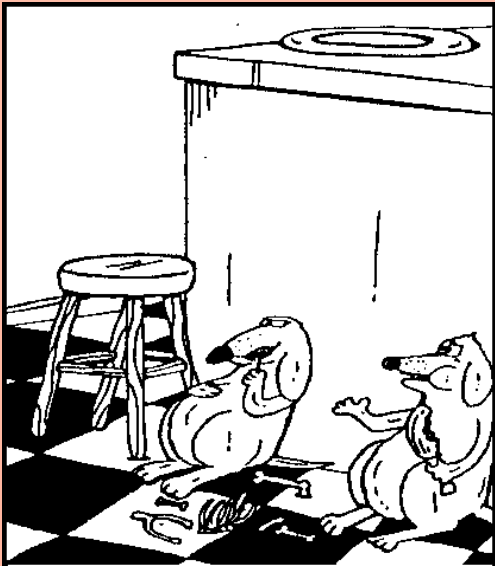
- What do you get when you divide the diameter of a jack-o-lantern by it's circumference?

Pumpkin Pi



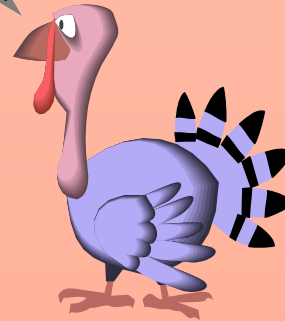
I don't get it..





What it really comes down to is a question of values... is a delicious, succulent turkey, baked to perfection, worth a few whacks on the nose with a newspaper?

Disturbing!!



- What is a mummy's favorite kind of music

*Wrap music*

- What do birds give out for Halloween?

Tweets



Haven't you noticed that lately, Farmer Jones has been humming Christmas Carols and looking at us strangely?

The PCI Integrative Services Team has enjoyed preparing this newsletter for you. If you have any comments please feel free to let any one of us know your thoughts. We would love any suggestions or ideas you may have to make this newsletter better.

Iris Grant RN, OCN - Director/Patient Care Coordinator  
Sandy O'Marah RN, OCN - Patient Care Coordinator  
Carol Hearn RN - Patient Care Coordinator  
Lynne Groeger MS, RD - Oncology Nutrition  
Mary Inman - Family Services/Palliative Care  
Martha Petit-Family Services/Palliative Care  
Amy Hunt CMT,CLT - Massage Therapy  
Kathy Shore CMT - Massage Therapy  
Heather Kirkpatrick - CMT- Massage Therapy  
Greg Gernon—Music Therapy Coordinator

Peninsula Cancer Institute is eternally grateful for the heartfelt stories from our patients or their families and loved ones. Please contact any of our staff if you would like to contribute an article to our newsletter.

